

Emotional support helpline

The emotional support helpline, operated by Svenska kyrkan, provides emotional support to adults who are suffering from loneliness, are in a state of psychological crisis or thinking about committing suicide.

Tel: 116123

Självmordslinjen (Suicide prevention hotline)

Självmordslinjen (Suicide prevention hotline) provides a 24-hour email, chat, and hotline service in Sweden, all of which are toll-free.

Tel: 90101

SOS phone

The SOS phone is open weekdays from 13:00-21:00 and Sat-Sun-holiday 16:00-21:00 every day for people in Sweden who are depressed, in crisis, or need someone to talk to.

Tel: 031-800 650

Nagon att tala med Samaritans

Nagon att tala med Samaritans provides crisis support to people across Sweden who are in distress or at risk of suicide.

Tel: (46) 31 711 2400

Nationella Hjälpplinen

Nationella Hjälpelinjen offers telephone counselling to those who are experiencing distress or need emotional support in Sweden.

Tel: 020 22 00 60